

# THE REAL GREEK

## ALLERGEN & KCAL MENU

### TO START

**HALLOUMI POPCORN\*** D V **577kcal**  
**GREEK OLIVES** SD V VG **314kcal**  
**WARM GREEK FLATBREAD**  
G (WHEAT) S V VG **533kcal**  
**GLUTEN FREE GREEK FLATBREAD**  
E SO D S SD V VG **506kcal**

### COLD MEZE

**TARAMASALATA**  
F (COD) G (WHEAT) SO S SD **761kcal**  
**TZATZIKI** D SD V **311kcal**  
**HOUMOUS** S SD V VG **508kcal**  
**WHIPPED SPICY FETA** D V **639kcal**

### HOT MEZE

**DOLMADES** MU C SD V **408kcal**  
**SPINACH PIE (SPANAKOPITA)\***  
D G (WHEAT) SD V **792kcal**  
**COURGETTE FRITTERS\***  
G (WHEAT) S **266kcal**  
**FRIED KALAMARI\***  
G (WHEAT) M (KALAMARI) SD **727kcal**  
**GREEK MOUSSAKA**  
D G (WHEAT) C SD **420kcal**

### SOUVLAKI WRAPS

**LOUKANIKO PORK SAUSAGE\***  
G (WHEAT) S MU E SD SO C D **747kcal**  
**CHICKEN WITH TZATZIKI\***  
G (WHEAT) D S **620kcal**  
**CHICKEN WITH GREEK MUSTARD\***  
G (WHEAT) D E MU S **751kcal**  
**COURGETTE FRITTER\***  
G (WHEAT) S V VG **888kcal**  
**HALLOUMI\*** D G (WHEAT) S MU **714kcal**  
**PORK BELLY\*** D G (WHEAT) S **1101kcal**

### GREEK SHARING PLATTERS

**MEAT PLATTER**  
SD G (WHEAT) SO S MU C D **3678kcal**  
**VEGETARIAN PLATTER**  
D G (WHEAT) MU C SD S **4002kcal**  
**SEAFOOD PLATTER**  
M (KALAMARI, OCTOPUS) CR (PRAWNS)  
G (WHEAT) SO S SD D **3022kcal**

### GREEK TRIO DIP

**WARM GREEK FLATBREAD**  
G (WHEAT) S V VG **533kcal**  
**TARAMASALATA**  
F (COD) G (WHEAT) SO S SD **333kcal**  
**TZATZIKI** D SD V **136kcal**  
**HOUMOUS** S SD V VG **280kcal**  
**WHIPPED SPICY FETA** D V **639kcal**

DON'T FORGET TO ADD UP THE KCAL  
INFORMATION FOR THE TOTAL GREEK TRIO DIP

### SOUVLAKI GRILL

**KING PRAWNS** CR (PRAWNS) SD **310kcal**  
**OCTOPUS** M (OCTOPUS) SD **139kcal**  
**LAMB FILLET** SD **488kcal**  
**PORK BELLY** SD **636kcal**  
**LOUKANIKO PORK SAUSAGE**  
G (WHEAT) SO S MU C D SD **595kcal**  
**CHICKEN BREAST** SD **324kcal**  
**HALLOUMI** D SD V **516kcal**  
**MUSHROOMS & GREEN PEPPER**  
SD V VG **80kcal**  
**CHICKEN WINGS** SD **572kcal**

### SIDES & SALADS

**GREEK SALAD** D SD V **422kcal** / **722kcal**  
**"NO FETA" GREEK SALAD** SD V VG **209kcal**  
**HALLOUMI FRIES\*** D V **689kcal**  
**CHIPS\*** V VG **813kcal** / **1219kcal**  
**QUINOA SALAD** V VG **221kcal**  
**GREEN LEAF SALAD** SD V VG **241kcal**  
**CHICKPEA SALAD** SO V VG **200kcal**

### ALLERGENS KEY

D DAIRY	F FISH
MU MUSTARD	M MOLLUSCS
N NUTS	SO SOY INC.
L LUPIN	SOYA
S SESAME	SD SULPHUR DIOXIDE
G GLUTEN	P PEANUTS
E EGG	V VEGETARIAN
C CELERY	VG VEGAN
CR CRUSTACEANS	

The above symbols are used to denote that a dish contains the allergen as an ingredient. Please inform your waiter before ordering of any specific dietary requirements that you may have. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens. We also cannot guarantee against the processes used by our suppliers.

Dishes with a \* are cooked in a fryer and may come into contact with other ingredients and allergens, which are not listed as part of the recipe. If you require more information, please ask a manager. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

(\* Chips, Courgette Fritters, Fried Kalamari, Halloumi Fries, Halloumi Popcorn, Spinach Pie, all Souvlaki Wraps – due to chips inside).

Note:

**Tahini Dip** S V VG

**Greek Mustard Sauce** G (Wheat) MU E SD V

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12th June 2025

# THE REAL GREEK

## LUNCH ALLERGEN & KCAL MENU

### SOUVLAKI GRILL PLATE

**KING PRAWNS** CR (PRAWNS) SD **310kcal**  
**OCTOPUS** M (OCTOPUS) SD **139kcal**  
**LAMB FILLET** SD **488kcal**  
**PORK BELLY** SD **636kcal**  
**LOUKANIKO PORK SAUSAGE**  
G (WHEAT) SO S MU C D SD **595kcal**  
**CHICKEN BREAST** SD **324kcal**  
**HALLOUMI** D SD V **516kcal**  
**CHICKEN WINGS** SD **572kcal**  
**COURGETTE FRITTER\***  
G (WHEAT) S SD V VG **888kcal**  
**MUSHROOMS & GREEN PEPPER**  
SD V VG **98kcal**

**ALL SERVED WITH YOUR CHOICE OF**  
**GREEK SALAD** D SD V **422kcal** / **722kcal**  
**"NO FETA" GREEK SALAD** SD V VG **209kcal**  
**CHIPS\*** V VG **813kcal** / **1219kcal**  
**GREEK FLATBREAD**  
G (WHEAT) S V VG **533kcal**  
**TZATZIKI** D SD V **71kcal**

DON'T FORGET TO ADD UP THE KCAL INFORMATION FOR THE TOTAL GREEK PLATE

### SOUVLAKI WRAP & SIDE

#### SOUVLAKI WRAP

**LOUKANIKO PORK SAUSAGE\***  
G (WHEAT) S MU E SD SO C D **747kcal**  
**CHICKEN WITH TZATZIKI\***  
G (WHEAT) S D **620kcal**  
**CHICKEN WITH GREEK MUSTARD\***  
G (WHEAT) S D E MU **751kcal**  
**COURGETTE FRITTER\***  
G (WHEAT) S V VG **888kcal**  
**HALLOUMI\*** D G (WHEAT) S MU **714kcal**  
**PORK BELLY\*** D G (WHEAT) S **1101kcal**

#### SIDES

**GREEK SALAD** D SD V **422kcal**  
**CHIPS\*** V VG **813kcal**

### ALLERGENS KEY

D <b>DAIRY</b>	F <b>FISH</b>
MU <b>MUSTARD</b>	M <b>MOLLUSCS</b>
N <b>NUTS</b>	SO <b>SOY INC. SOYA</b>
L <b>LUPIN</b>	SD <b>SULPHUR DIOXIDE</b>
S <b>SESAME</b>	P <b>PEANUTS</b>
G <b>GLUTEN</b>	V <b>VEGETARIAN</b>
E <b>EGG</b>	VG <b>VEGAN</b>
C <b>CELERY</b>	
CR <b>CRUSTACEANS</b>	

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(\*Chips, Courgette Fritters all Souvlaki Wraps – due to chips inside).

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# THE REAL GREEK

## DESSERT ALLERGEN & KCAL MENU

### DESSERTS

**GREEK ORANGE CAKE**  
G (WHEAT) E D V **684kcal**

**GREEK YOGHURT WITH HONEY**  
D V **158kcal**

**GREEK FILO CUSTARD PIE\***  
D G (WHEAT) E V **958kcal**

**BAKLAYA**  
D G (WHEAT) P (PEANUTS) N (WALNUTS, ALMONDS, PISTACHIOS) V **345kcal**

**BAKED CHEESECAKE**  
G (WHEAT) D E V **411kcal**

**CHOCOLATE MOUSSE CAKE**  
D G (WHEAT) E SO V **333kcal**

**LOUKOUMIA**  
D N (ALMONDS) **216kcal**

### ICE-CREAM

**VANILLA** D V **419kcal**

**VEGAN VANILLA** SO V VG **525kcal**

**CHOCOLATE** D V SO **433kcal**

**STRAWBERRY** D V **312kcal**

**PISTACHIO** D N (ALMONDS, HAZELNUTS & PISTACHIOS) V **413kcal**

**HAPPY ENDING MILK ICE CREAM SANDWICH** G (WHEAT) E D

### SORBET

**RASPBERRY** V VG **136kcal**

### GREEK SPECIALITIES

**GREEK COFFEE** D (MILK ON REQUEST)  
**Sweet 93kcal / Medium 83kcal / Bitter 73kcal**  
**POT OF GREEK MOUNTAIN TEA** **1kcal**

### COFFEE

**CAFFÈ AMERICANO**  
D (MILK ON REQUEST) **7kcal**

**SINGLE ESPRESSO** **3kcal**

**DOUBLE ESPRESSO** **5kcal**

**CAPPUCCINO** D **50kcal**

**LATTE** D **100kcal**

**FREDDO ESPRESSO**  
D (MILK ON REQUEST) **100kcal**

### TEA

**FRESH MINT TEA** **1kcal**

**ENGLISH BREAKFAST** **1kcal**

**EARL GREY** **1kcal**

**PEPPERMINT** **2kcal**

**GREEN TEA** **1kcal**

**CAMOMILE** **1kcal**

**SOYA MILK** SO V VG

**OAT MILK**

### ALLERGENS KEY

D **DAIRY**

MU **MUSTARD**

N **NUTS**

L **LUPIN**

S **SESAME**

G **GLUTEN**

E **EGG**

C **CELERY**

CR **CRUSTACEANS**

F **FISH**

M **MOLLUSCS**

SO **SOY INC. SOYA**

SD **SULPHUR DIOXIDE**

P **PEANUTS**

V **VEGETARIAN**

VG **VEGAN**

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For drinks Allergens, please refer to the manufacturer's label.

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# THE REAL GREEK

## KIDS ALLERGEN & KCAL MENU

### MAIN COURSES

CHOOSE FROM

**GRILLED CHICKEN** 132kcal

**OR LOUKANIKO PORK SAUSAGE**  
G (WHEAT) SO S MU C D 330kcal

**OR HALLOUMI** D SD V 258kcal

**OR COURGETTE FRITTERS**  
G (WHEAT) S V VG 111kcal

ALL SERVED ON A PLATE OR WRAP

### WRAPS

**CHICKEN** G (WHEAT) S D 438kcal

**OR LOUKANIKO PORK SAUSAGE**  
G (WHEAT) SO S MU C D 630kcal

**OR HALLOUMI** D SD V 564kcal

**OR COURGETTE FRITTERS**  
G (WHEAT) S V VG 442kcal

### CHOOSE YOUR SERVE

ALL SERVED WITH

**CHIPS** V VG 337kcal

**TOMATO & CUCUMBER CHUCKS**  
V VG 156kcal

**WARM GREEK FLATBREAD**  
G (WHEAT) S V VG D 267kcal

### DESSERT

CHOOSE FROM

**GREEK YOGHURT WITH HONEY**  
D V 158kcal

**OR VANILLA ICE CREAM** D V 210kcal

**OR CHOCOLATE ICE CREAM**  
D V SO 217 kcal

**OR RASPBERRY SORBET** V VG 136kcal

### ALLERGENS KEY

D DAIRY

MU MUSTARD

N NUTS

L LUPIN

S SESAME

G GLUTEN

E EGG

C CELERY

CR CRUSTACEANS

F FISH

M MOLLUSCS

SO SOY INC.  
SOYA

SD SULPHUR  
DIOXIDE

P PEANUTS

V VEGETARIAN

VG VEGAN

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(\*Chips)

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# THE REAL GREEK

## TAKEAWAY ALLERGEN & KCAL MENU

### SOUVLAKI GRILL SALAD BOX

#### CHOOSE YOUR SOUVLAKI GRILL

CHICKEN SD 324kcal

LAMB SD 488kcal

LOUKANIKO PORK SAUSAGE  
G (WHEAT) SO S MU C D SD 595kcal

PORK BELLY SD 636kcal

COURGETTE FRITTERS\*  
G (WHEAT) S V VG 772KCal

MUSHROOMS & GREEK PEPPER  
SD V VG 98kcal

HALLOUMI D SD V 516kcal

#### CHOOSE YOUR SALAD

GREEK SALAD D SD V 522kcal

CHICKPEA SALAD SO V VG 200kcal

QUINOA SALAD V VG 133kcal

#### ALL SERVED WITH YOUR CHOICE OF

CHIPS V VG 813kcal

OR WARM GREEK FLATBREAD  
G (WHEAT) S V VG 533kcal

DON'T FORGET TO ADD UP THE KCAL  
OF YOUR BOX SELECTION FOR THE  
FINAL TOTAL KCAL

### SIDES & SALADS

GREEK SALAD D SD V 422kcal / 702kcal

CHICKPEA SALAD SO V VG 200kcal

GREEN LEAF SALAD SD V VG 241kcal

QUINOA SALAD V VG 221kcal

HALLOUMI FRIES\* D V 689kcal

CHIPS\* V VG 813kcal / 1219kcal

### DESSERTS

#### BAKLAVA

D G (WHEAT) P (PEANUTS) N (WALNUTS,  
ALMONDS, PISTACHIOS) V 345kcal

#### GREEK ORANGE CAKE

G (WHEAT) E D V 684kcal

#### BAKED CHEESECAKE

G (WHEAT) D E V 411kcal

#### CHOCOLATE MOUSSE CAKE

D G (WHEAT) E SO V 333kcal

### COLD MEZE

TZATZIKI S SD V 311kcal

HOUMOUS S SD V VG 508Kcal

GREEK OLIVES SD V VG 314Kcal

WHIPPED SPICY FETA DIP  
D V 639kcal

TARAMASALATA  
F (COD) G (WHEAT) SO S SD 761kcal

HOUMOUS S SD V VG 508kcal

### HOT MEZE

HALLOUMI POPCORN\* D V 577kcal

FRIED KALAMARI\*  
G (WHEAT) M (KALAMARI) SD 727kcal

DOLMADES MU C SD V VG 408kcal

SPINACH PIE\* D G (WHEAT) SD V 792kcal

WARM GREEK FLATBREAD  
G (WHEAT) S V VG 533kcal

### ALLERGENS KEY

D DAIRY

MU MUSTARD

N NUTS

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Note:

Tahini Dip S V VG

Greek Mustard Sauce G (Wheat) MU E SD V

### SOUVLAKI WRAPS

CHICKEN WITH TZATZIKI\*  
G (WHEAT) D S 620kcal

CHICKEN WITH MUSTARD\*  
G (WHEAT) D E MU S SD 751kcal

PORK BELLY\* D G (WHEAT) S 1101kcal

LOUKANIKO PORK SAUSAGE\*  
G (WHEAT) S MU E SD SO C D 747kcal

HALLOUMI\*  
G (WHEAT) D S V 714kcal

COURGETTE FRITTERS\*  
G (WHEAT) S V VG 888kcal